

# West LA Wellness Community

## Calendar June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
May 30	May 31	June 1	June 2	June 3
	10am: <b>Free Food Market</b> at Simms/Mann  3:30pm: <b>Coffee Conversations</b> with WIN Register <a href="#">here</a> .		10:30am: <b>Art</b> with Alcott on <a href="#">Zoom</a>	12pm: <b>Pico Robertson Health Neighborhood Lunch and Learn: LIKE film.</b> Register <a href="#">here</a> .
June 6	June 7	June 8	June 9	June 10
	10am: <b>Free Food Market</b> at Simms/Mann  3:30pm: <b>Coffee Conversations</b> with WIN Register <a href="#">here</a> .		10:30am: <b>Art</b> with Alcott on <a href="#">Zoom</a>	9am: <b>Mental Health First Aid Training.</b> Details <a href="#">below</a> .
June 13	June 14	June 15	June 16	June 17
	10am: <b>Free Food Market</b> at Simms/Mann  3:30pm: <b>Coffee Conversations</b> with WIN Register <a href="#">here</a>		10:30am: <b>Art</b> with Alcott on <a href="#">Zoom</a>	
June 20	June 21	June 22	June 23	June 24
<b>Juneteenth Holiday</b>  9am: <b>Mental Health First Aid Training.</b> Details <a href="#">below</a> .	10am: <b>Free Food Market</b> at Simms/Mann  3:30pm: <b>Coffee Conversations</b> with WIN Register <a href="#">here</a>		10:30am: <b>Art</b> with Alcott on <a href="#">Zoom</a>	
June 27	June 28	June 29	June 30	July 1
	10am: <b>Free Food Market</b> at Simms/Mann  3:30pm: <b>Coffee Conversations</b> with WIN Register <a href="#">here</a>		10:30am: <b>Art</b> with Alcott on <a href="#">Zoom</a>	





## About the West LA Wellness Community

The goal of the West LA Wellness Community is to offer community members a virtual place to connect, find resources, and participate in wellness activities.

The West LA Wellness Community aims to serve individuals and families with free services and linkage to resources designed to promote health, healing, and well-being. All activities are free and open to the community.

## Activity Descriptions

**Art with Alcott Center for Mental Health Services** offers art therapy classes with the purpose of reducing stigma around mental health and homelessness. **Register [here](#).**

**Coffee Conversations with WIN** are once a week Zoom events led by parents/caregivers of children ages 0-5 years. These virtual conversations allow parents/caregivers to build a network of support with others in their community and get answers to questions regarding their families. **Register [here](#).**

**CORE Substance Use Presentations:** Substance Abuse Counselors provide educational presentations on a variety of topics. For questions or referrals, contact Luis Renteria ([LRenteria@ph.lacounty.gov](mailto:LRenteria@ph.lacounty.gov), 323-236-4155) or Steven Cagle ([SCagle@ph.lacounty.gov](mailto:SCagle@ph.lacounty.gov), 323-233-6307)

**Free Food Market** at Simms Mann: 2509 Pico Blvd, Santa Monica, CA 90405. Drive-through produce distribution through Venice Family Clinic. Open to the entire community. For more information and additional food distributions, **visit their website [here](#).**

**Mental Health First Aid:** Mental Health First Aid teaches you how to identify and respond to signs of mental illness and substance use disorders. Classes are 9am-4pm on Friday June 10 and Monday June 20. A 2-hour self-paced online class will be required before participating. For more information **contact [StJohnsCommunityHealth@Providence.org](mailto:StJohnsCommunityHealth@Providence.org).**

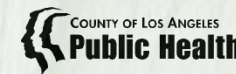
**Pico Robertson Health Neighborhood Lunch and Learn:** Join the Pico Robertson Health Neighborhood to screen and discuss the film *LIKE*, a documentary about the impact of social media on our lives. **Register [here](#).**

**Questions? Want to get involved? Email [WestLAWellness@ph.lacounty.gov](mailto:WestLAWellness@ph.lacounty.gov)**

**Join our email distribution list to stay informed of updates: <https://forms.office.com/g/WWH62kbRyS>**



Scan Me



# MENTAL HEALTH FIRST AID

**GET CERTIFIED TODAY!**

**MENTAL HEALTH FIRST AID TEACHES YOU HOW TO IDENTIFY, UNDERSTAND AND RESPOND TO SIGNS OF MENTAL ILLNESS AND SUBSTANCE USE DISORDERS**

## **WHAT IT COVERS:**

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care
- How to apply the 5 step action plan in a variety of situations.

## **JOIN ONE OF OUR CLASSES:**

### **CLASS DATE**

**FRIDAY, JUNE 10TH  
MONDAY, JUNE 20TH  
FRIDAY, JULY 15TH  
WEDNESDAY, JULY 27TH**

**ALL TRAININGS ARE 9AM-4PM PST AND  
OFFERED IN ENGLISH**

**\*FIRST AIDERS WILL COMPLETE A 2-HOUR, SELF-PACED ONLINE CLASS BEFORE PARTICIPATING IN A  
LIVE INSTRUCTOR-LED VIDEO CONFERENCE. (WILL NEED ACCESS TO A WEBCAM)**

**FOR MORE INFORMATION CONTACT:**

**Saint John's  
Health Center**  


**STJOHNSCOMMUNITYHEALTH@PROVIDENCE.ORG**

**(310)829-8437**



**COUNTY OF LOS ANGELES  
Public Health**